SERIOUSLY

YOU GOTA LAUGH

[![Image of a laughing emoji]]
Who am I & why am I here?

Clint Darr – and I got to come to Dallas for coming up with this crazy idea for a session!

My hobbies – I like cooking my family and my dog.

My daughter Amanda for the design of this presentation.

Thanks and love to my daughter Amanda for the design of this presentation.

Among other jobs…

- Super Hero
- Teacher
- Firefighter
- Bank Teller

Grocery store clerk

Among other jobs...

- Partnerships, Policy, Quality
- Missouri Afterschool Network

Afterschool Network with the Missouri Afterschool Educator Network

Afterschool Network with the Missouri Afterschool Educator Network

Afterschool Network with the Missouri Afterschool Educator Network

Afterschool Network with the Missouri Afterschool Educator Network
"LAUGHINGSTOCK"

DON'T JUST COME TO LAUGHINGSTOCK.
BE THE LAUGHINGSTOCK!

LAUGHTER
Thanks, Dad!
Thanks, Dad!

CHIEF FOR FALLING ROCK

If spotted, call 911
If striped, call 867-5309
Rules for this session, and for life!

1. Be present
2. Be brave
3. Be kind
I LIKE TO BE DIFFERENT!!
"The reward for conformity is that everyone likes you but yourself."

Rita Mae Brown
**GOALS**

1. Wake you up. Engage your brain.
2. Inform/Remind you of the benefits of laughing.
3. Give you ideas for putting laughter into your life and your afterschool program.
4. Make a great impression – so I can come back next year!

**OBJECTIVES**

[ ] 11:17 AM
ERROR 404: AGENDA IS HIDDEN

AGENDA
OK. Let’s get it over with...

If you measure distance in hours, you might live in California.

Report to Levi’s Stadium – home of SF 49ers.
If the phrase "I'm going to the Lake this weekend" has only one meaning, and everyone knows what you're talking about, you may live in Missouri. If your state motto is: "Come smell our dairy air!" you might be from Missouri. If you spell Missouri "M-I-Z-Z-O-U", you might be from Missouri. So what about my state?
TIME FOR AN...
TIME TO LAUGH!

Am I serious about laughing? YEP!

(Hi! My objective is to)

Hawaiian Laughter Stretching!

Laugh
Chuckle
Giggle
Smile

Time to laugh!
Next slide: All Read Out Loud!
You look really funny doing that with your head...
TIME TO MAKE FRIENDS!
You gotta laugh

But why??

What if I don’t feel like laughing?
(whine implied)
Laughing is good for you. Everybody knows that...

Yeah, but did you know...

(This is objective 2!)
**PHYSICAL HEALTH BENEFITS**
- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes muscles
- Prevents heart disease
- Enhances teamwork
- Attracts others to us
- Strengthens relationships

**MENTAL HEALTH BENEFITS**
- Adds joy and zest to life
- Relieves stress
- Improves mood
- Enhances resilience
- Eases anxiety and fear
- Relieves muscle pain
- Boosts immunity

**SOCIAL BENEFITS**
- Promotes group bonding
- Helps defuse conflict
- Enhances teamwork
- Attracts others to us
- Strengthens relationships

**NO Rx**!
In its essence Laughter is the simplest and most joyful way to exhale and moves possibility back into life.

Be Healthier
When we laugh we increase our immune system, decrease our stress and more fully oxygenate the body...

Be Happier
When we laugh we uplift our attitude, increase our joyful mood and release the happy chemicals that stimulate the "feel good response". When we are happier we do everything better.

Be a Contribution to the World
When we are healthier and happier we become more connected and in touch with the world and we independently add to the sense of peace and well being for the world.
Laughter is infectious and there is no vaccination.
Laughter strengthens your immune system.
Laughter boosts your energy
diminishes pain
Stress reduces
SOCIAL BENEFITS
Strengthen relationshipsAttracts others to us
Enhances teamwork
Helps defuse conflict
Promotes group bonding

= Better Self Esteem!
How do I find this magical elixir called laughter?
Laughter is everywhere. Laughter is inside you. All you have to do is let it out!

— me
LEAVE!
asked to
door will be
thru this
EXITING
caught
Anyone
NO PARKING EXCEPT AUTOMOBILES
TOUCHING WIRES CAUSES INSTANT DEATH

$300 FINE

CAUTION!

SILLY SIGNS
Violators will be towed and find $50.
SILLY SIGNS

ILLEGALLY PARKED CARS WILL BE FINE

11:17 AM
SILLY SIGNS

CHILDREN SLOW
SILLY SIGNS
THANK YOU FOR SHOPPING WITH US!!!

CHILDREN
PREGNANT
ELDERLY
DISABLED
FOR
ONLY
TOILET

ATTENTION

SILLY SIGNS
IF THE SHIRT FITS...
IF THE SHIRT FITS...
IF THE SHIRT FITS...
IF THE SHIRT FITS...

Bad Spellers of the World UNTIE!
Hilarious Headlines
One-armed man applauds the kindness of strangers.

The other afternoon, a man and a woman came to my door.
Hilarious Headlines

City unsure why sewer smells

SOUTH HAVEN

By KRISTIN HAVER

H-P Correspondent

Several downtown South Haven businesses and residents have been detecting a foul smell in the area, but no one has been able to identify the source.

SOUTH HAVEN — The latest problem in downtown South Haven has been the foul smell emanating from several buildings.

Some residents have been detecting a strong odor that has been described as "rotten eggs" and "sewage." The smell has been persistent for several days, causing concern among local businesses and residents.

Bob Stickland, the director of business services at the downtown business association, said, "We are trying to find out who is causing the smell, but so far, we haven't been able to pinpoint the source."
Hilarious Headlines

Mississippi’s literacy program shows improvement.

The Associated Press

and his late wife Sally put up $100 million of their own money.

SOURCE: EPR
"Abraham Lincoln

"Quote next to it a picture with a
because there's internet just
read on the everything you
"Don't believe
"Before you criticize someone, walk a mile in their shoes. You're a mile away and you have their shoes. That's too. "Before you criticize someone, walk a mile in their shoes."

-- Unknown
Fake it! (It works!) Practice smiling & laughing!

- Watch a funny movie or TV show.
- Go to a comedy club.
- Read the funny pages.
- Go to a “laughter yoga” class. 
- Go around with children.
- Do something silly.
- Play with a pet.
- Check out your bookstore’s humor section.
- Share a good joke or a funny story.
- Seek out funny people.
- Celebrate World Laughter Day (First Sunday of May)
- Go to a “laughter yoga” class.

So do you want to laugh more?

Karaoke – always good for laughs!
Laugh at yourself.

Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself too seriously.

“Laugh at yourself. Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself too seriously.”

Laugh at yourself.

Help yourself see the lighter side of life.

~ Unknown

“Cease to be amused, you will never laugh at yourself, as long as you can.”
Remember... If life gives you lemons, make lemonade. If life gives you melons, you may be dyslexic.

*Those around you. This will help improve your irony and absurdity of life. Uncover the situation, and uncover the humor in a bad situation. Rather than attempt to laugh at them, look for melons instead.
Surround yourself with reminders to lighten up. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun. Put a toy on your desk or in your car. Keep a toy on your desk or in your office. Surround yourself with reminders to lighten up.
Keep things in perspective. Don’t sweat the petty stuff...
Stress × Laughter

Deal with Stress

Stress is a major impediment to humor.

Lose it and laugh!
highly, and laughing.

Experts on playing, taking life
eミュラグザ シン. 田 ヤ イ ザ ヘン.

Pay attention to children and
HOW CAN HUMOR FIT INTO MY AFTER SCHOOL PROGRAM

(This is objective 3)
Laughter Practice

Research shows that physical, emotional, and social benefits occur even when the laughter is contrived, as what starts as practice laughter soon becomes the real thing!

Examples: (straight from my laughter yoga class)

• Cell phone laughter – let’s practice!
• Age laughter
• Embarrassed laughter
• Giggle
• Evil scientist laughter
• Suppressed laughter

Laughter is contrived, as what starts as practice laughter soon becomes the real thing!
Kids love it!

"I was named after Abraham Lincoln...

"I used to beat my brother up every morning..."

"Did you put the dog out?"

Don't be afraid to be corny
Why did the chicken cross the road?

Knock knock...

What has 3 heads, 6 eyes, 3 mouths, and 8 legs?

Why did the chicken cross the road?

Check out http://www.kidsjokesoftheday.com

Start a Joke of the Day club
Designate a LAUGHTER LEADER

Like a line leader, only funnier!
Have kids keep a journal. Joke: I keep a journal.
Puns.

Tearable

These Are

Best Puns -

Other Contests:

1. A dyslexic poet
2. I break into song
3. If I can't find the key
4. I'll break in
5. Your calendars days
6. Are numbered
7. On a knot to know basis
8. Names you in some
9. Acupuncture
10. A card will come
11. A bike can't stand alone
12. Because it's two-tired

Other contests:

1. Best Puns
2. Laugh a Little Letter

And the other

Win, but no pun in ten did.

Entirely to insure at least one would

I entered a humor contest. With ten

Woo,.computerize.ing
Other contests:

"Tom Swifties -

"Stoke the fire!"

"Tom bellowed."
Spoonerisms - Other contests:
EMBELLISH IF NECESSARY!

RELATE PERSONAL STORIES
AFRICAN ELEPHANT

With kids, never be too quick to judge!
Having Flies
Time’s Fun When You’re
Words Play On
wonderings

What do people in China call their good plates?

Who was the first person to look at a cow and say, 'I think I'll squeeze these dangly things here and drink whatever comes out'?

If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

Why are there Interstates in Hawaii?

Have you ever imagined a world without hypothetical situations?

If you curse in France do you say “Pardon my English?”

Is bi-monthly twice a month or every other month?

If you are satisfied with the service at a grocery store, are you a gruntled customer?
IF YOU DARE

ALTER

EGO
Phun Phun Phun

Time for...
Blow up my phone challenge.
Favorite joke, quip or quote
Send me a text!
573-999-4350
Time flies like the wind...

...and fruit flies like bananas

Our time together is about gone, because as you know...
This is the truth:

Time goes

Having fun or not:

Whatver you are

Make it work:

Funny

11:17 AM
Only you can decide who you are going to be today!
SO... DON'T BE LIKE THESE GUYS AND MISS THE BOAT!

LOUD & OFTEN LAUGH!
We've shared laughter, we've made new friends, we've been reminded of the importance of laughter and the many benefits it brings, and we've talked about how laughter can be used with kids and how you can keep laughter not just a part of your day, but a constant presence in your life. World Peace Through Laughter is not really such a far-fetched concept! It may be common sense, but I hope that the experience will make you want to share the good feelings with others. Make laughter not just a part of your own life, but a constant presence in your life. How laughter can be used with kids and how you can keep laughter in your own life. We've shared laughter, we've made new friends, we've been reminded of the
If I can make my day not wasted,
then my pants a little,
or pee their person smile,
at least one

11:17 AM
One last laugh?

Repeat after me…

??ليفش؟
AND REMEMBER...

THANKS FOR COMING...
Other reminders...

• Evaluations
• Wear your button!
• Join me on LinkedIn
• Invite me to visit!
• Enjoy the rest of the conference!
ERROR 404: FLY NOT FOUND
(YOU SHOULD PROBABLY LEAVE NOW)
Why Laugh? (short answer: because you can!)

- Benefits include improved physical, mental, and social health.
- Laughter is infectious – feel free to infect others.
- Boosts energy while reducing stress and tension.
- Enhances teamwork and social interaction. (Folks will be drawn to you!)

Putting Laughter in your Life

- Practice laughing – it works!
- Go to a comedy club.
- Read the funny pages.
- Seek out funny people.
- Share a good joke or a funny story.
- Check out your bookstore’s humor section.
- Laugh for NO reason!
- Watch a funny movie or TV show.

- Host game night with friends.
- Play with a pet.
- Go to a “laughter yoga” class.
- Celebrate World Laughter Day.
- Goof around with children.
- Do something silly.
- Make time for fun activities.
- Karaoke with friends.

PUTTING LAUGHTER INTO YOUR AFTER SCHOOL PROGRAM

- Practice Laughing!
- Laughter Leader
- Don’t be afraid to be corny - kids love it!
- Joke of the Day/Joke Time
- Joke Journal
- Laughing Contest
- Other contests: Jokes, puns, spoonerisms, Tom Swifties, malapropisms, etc.
- Laughter Yoga http://www.laughteryoga.org
- Personal stories or experiences
- Play on words
- Alter Ego
- Celebrate World Laughter Day!

Laughter Practice

Use these different types of laughter practice. For an explanation of each, and for even more ideas, go to http://www.laughteronlineuniversity.com/150-laughter-exercises/

- Cell phone laughter
- Suppressed laughter
- Evil scientist laughter
- Giggles
- Embarrassed laughter
- Age laughter

Join Clint on LinkedIn, Visit YOUGOTTALAUGH.TODAY for more information about Clint and his passion for laughter!
YOU GOTTA LAUGH

CLINT DARR (darrc@missouri.edu)

BOOST CONFERENCE, PALM SPRINGS – APRIL 2016

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